

Term 3 Groups Timetable

Monday July 13 – Friday September 18

WEEKLY WORKOUT (Mary/Maddi)

Small group class, all levels of fitness welcome,
go at your own pace!

Circuit style: different exercises each week
including resistance, balance and cardio training.

Lots of fun, whilst
improving your health, muscle & bone strength,
cognition and your mood.

FOOD EXPLORERS (Jack/Joe)

Want to learn new kitchen skills, get ideas of what
to cook, or just love sharing food with others?
Come and join us on our new food adventure with
food explorers.

GAMES GANG (Sam)

Join us for some multiplayer board games, trivia,
cards, and more...

Every 3 weeks Games Gang will be held at Boss
Boardgames in Moorabbin.

PICKLEBALL (Loren/Sam)

Pickleball is a fun and easy-to-learn racquet sport
that combines elements of tennis, table tennis
and badminton. It's a great way to improve
fitness, while building confidence, social
connections and overall wellbeing.

Held at Raya Pickleball Club in Cheltenham

WALK & TALK (Rotating Roster)

Join us for a leisurely walk local to headspace
Bentleigh.

A great opportunity to meet and connect with
other young people, staff, volunteers and peer
workers from headspace in a casual setting.

PEER SPACE (Peer Support Worker)

A group where those with lived experience can
connect, unpack and inspire. Participants support
each other by sharing experiences, hope and
strength to tackle life's challenges.

YOGA (Vic/Loren)

A welcoming yoga group for young people to build
mindfulness, reduce stress, and support their
mental wellbeing through gentle movement and
relaxation.

CREATE AND CONNECT (Loren/Sam)

A drop-in space for people to explore creative
projects. Bring your own project or start one in the
group.

We will supply materials on the day.
Create and Connect encourages self-expression,
relaxation, and connection while making
something unique to take home.

Club House (Dominic – Salvation Army)

This group is a drop-in and consultation space for
young people and/or case managers who have
questions about housing.

Speak with Dominic – a Housing worker from
Salvation Army.

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>14</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>15</p> <p>Food Explorers 11:00AM – 1:00PM</p>	<p>16</p> <p>Weekly Workout 2:30-3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00PM</p>	<p>17</p>
<p>20</p> <p>Walk and talk 2:00 – 3:00 PM</p>	<p>21</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>22</p>	<p>23</p> <p>Weekly Workout 2:30-3:30 PM</p> <p>Watch a Movie @headspace Bentleigh 3:45PM</p>	<p>24</p>
<p>27</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Yoga 3:15-4:30PM</p>	<p>28</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>29</p> <p>Food Explorers 11:00AM- 1:00PM</p>	<p>30</p> <p>Weekly Workout 2:30 - 3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00PM</p>	<p>31</p>

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>03</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30PM</p>	<p>04</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>05</p>	<p>06</p> <p>Weekly Workout 2:30 – 3:30PM</p>	<p>07</p>
<p>10</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Yoga 3:15-4:30PM</p>	<p>11</p> <p>That Anxious Feeling [Online] @10:00-12:00PM</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang @Boss Boardgames 2:30-4:30PM</p>	<p>12</p> <p>Food Explorers 11:00AM – 1:00PM</p>	<p>13</p> <p>Club House 1:30-2:30PM</p> <p>Weekly Workout 2:30 - 3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00PM</p>	<p>14</p>
<p>17</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30PM</p>	<p>18</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>19</p>	<p>20</p> <p>Weekly Workout 2:30 – 3:30PM</p>	<p>21</p>

AUGUST/SEPTEMBER



headspace

National Youth Mental Health Foundation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Yoga 3:15-4:30PM</p>	<p>25</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>26</p> <p>Food Explorers 11:00AM – 1:00PM</p>	<p>27</p> <p>Club House 1:30-2:30PM</p> <p>Weekly Workout 2:30 - 3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00PM</p>	<p>28</p>
<p>31</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30PM</p>	<p>01</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang @Boss Boardgames 2:30-4:30PM</p>	<p>02</p>	<p>03</p> <p>Weekly Workout 2:30-3:30pm</p>	<p>04</p>
<p>07</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Yoga 3:15-4:30PM</p>	<p>08</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>09</p> <p>Food Explorers 11:00AM- 1:00PM</p>	<p>10</p> <p>Club House 1:30-2:30PM</p> <p>Weekly Workout 2:30 - 3:30 PM</p> <p>Create and Connect [Drop-in Space] 3:45-5:00PM</p>	<p>11</p>

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>Walk and talk 2:00 – 3:00 PM</p> <p>Peer Space 3:15 – 4:30PM</p>	<p>15</p> <p>Pickleball @Raya Pickleball Club 1:00-2:00PM</p> <p>Games Gang 3:00-4:30PM</p>	<p>16</p>	<p>17</p> <p>Weekly Workout 2:30-3:30PM</p>	<p>18</p>